

# The News at Drew



March 31, 2015

Issue 3

## Inside this issue:

Facts of Weight Loss	2
Spotlight on: Personal Training	3
Calendar	4

## Announcements and Closings

4/1 **Youth Fitness and Leadership Summer Camp**  
Registration Available

4/3 and 4/5 **Good Friday and Easter Sunday** City  
Holiday Closings

4/7-5/5 **"Diabetes Self-Management Workshops"**  
Tuesdays at 10-12PM

4/9-4/10 **Basketball Court Closed** scheduled to  
re-open 4/10 at 3PM

4/10 **CHA Wall of Fame Ceremony** 11AM—3PM  
Walking Track closed  
during event

5/5-5/28 **Total Fitness Outdoor Boot Camp**  
Tuesdays and Thursdays at  
5:30-6:30PM

## Facts of Weight Loss: Debunking Fitness Myths



Health and fitness is all science. If you eat well, you'll feel well. If you take in too many calories and don't put out enough energy, you'll gain weight. Simple enough. However, it's easy to fall into the trap of false information. You hear a fitness tip on tv, in the gym, or from a friend about the magical move, or smoothie recipe that's going to give you the muscle build or figure you want. You excitedly try out the fitness suggestion, and it doesn't work. When you don't get the results you want, you get discouraged. To be successful, make sure you aren't work-

ing with the wrong information. Check out the list below of some common fitness myths.

### 1. You can work off a bad diet.

**FALSE!** Good eating habits are just as important as exercise. By eating frequently, and eating the right types of foods, you will help control your appetite better. You'll feel fuller longer, and have the energy to crush your next work out!

### 2. You can lose inches from just your waist.

**FALSE!** Spot reducing is impossible. Spot Reducing is the theory that you can burn fat in a certain area of the body. For example, if you want slimmer arms or a flatter stomach, spot reducing would be to lose fat in just your arms or stomach, without losing fat anywhere else. Back to the science of fitness: you lose fat by putting out

\*\*\*Continued on Page 2\*\*\*

## Group Exercise and Water Aerobics Announcements

### YOGA

You asked for it, you got it!  
Now join **Yoga** on Tuesday  
and Thursday afternoons!

Tuesday and Thursday  
5:30-6:30PM



### CYCLE & LIFT

Come to **Cycle & Lift** and  
get a 30 minute cardio  
blast followed by 30  
minutes of sculpting. Now  
at an all new time!

Thursdays  
5:30-6:30PM

### MORNING CYCLE

Join us in the morning for  
our new **Cycle** class to get  
your day started with a  
metabolism boost!

Mondays 6:15-7AM



## Facts of Weight Loss: Debunking Fitness Myths (Continued from Page 1)



more than you take in. There are 3,500 calories in one pound of fat. If you consistently exercise and eat fewer calories than you burn, you will burn excess body fat. This is called a calorie deficit. To increase your muscle definition and look more toned, you have to reduce your total body fat. No single hip or ab exercise is going to burn enough calories to achieve slimmer hips, or a flatter tummy. Work on eating well and burning more calories to reduce your total body fat. You'll soon start to see results!

### 3. Carbs are the enemy.

FALSE! Carbs give you energy for your workout, and are essential for brain function. What's important is the source of your carbs and the portion sizes. Make sure you choose carbs from whole grains like brown rice, whole wheat pasta, and oatmeal. Also, watch your portion size. Your portion of carbs during a meal shouldn't exceed the size of your fist. Remember, a little goes a long way!

### 4. If you want to lose weight, just do cardio.

FALSE! If you focus on cardio, you'll lose muscle tissue which keeps your metabolism high. Muscles require fuel all the time. The more lean muscle tissue you have, the more calories you will burn. For every pound of lean muscle tissue, you burn an extra 30-35 calories. The best way to speed your weight loss, is a combination of weight training and cardio and sound eating habits.

Are you looking for a great way to boost your metabolism? Sign up for our **OUTDOOR TOTAL FITNESS BOOTCAMP**. Tuesdays and Thursdays 5:30-6:30PM for the month of May.

## Upcoming Events

- **Summer Swim Lesson** Registration will be available on Tuesday, May 5. You can register for child and adult lessons at that time.
- Registration is now open for the **Youth Fitness and Leadership Camp**. This two-week camp is for youth between the ages of 9-14 years old. They will learn about water safety, physical fitness, and leadership skills! Monday-Friday, June 8-June 19 at 9AM-5PM. The cost for this all day camp is \$50. To register, call 803-545-3200, or stop by the front desk.
- Are you living with diabetes? Do you have questions about how to manage your symptoms and living a healthy lifestyle? Sign up for our **Diabetes Self-Management Workshops!** Tuesdays, April 7-May 5 at 10AM-12PM.

## Caught at Drew!

Get caught enjoying your workout at Drew and earn a Drew Wellness Center water bottle!



(Pictured Right: Mr. Steve Husman)

## Spotlight on: Personal Training

A personal trainer is a fitness professional involved in exercise and instruction. A trainer motivates clients by setting goals, providing feedback and holding clients accountable.

Our training sessions are led by experienced, nationally certified trainers. We are devoted to helping our clients achieve their goals. We will commit, inspire and motivate you to be your very best!

Our Personal Training Packages are affordable and there are options to fit every budget! To sign up, or for more information, stop by the front desk and sign up for a Personal Training Consult with Head Trainer, Nichole Williams. The session is free, and it will help you set your goals, get more information about how to reach them and comes with a 30 minute training session.

## Meet the Trainers



### Nichole Williams

- Certified Head Fitness Trainer, AFAA
- CPR/AED Certified
- M.A. in Health and Services Management, Webster Univ.
- B.S. Biology, Johnson C. Smith University
- Wellness and Nutrition Consultant
- Specialty: Weight and Strength Training, Bodybuilding, Cardio Conditioning
- Hours Available: Upon Request



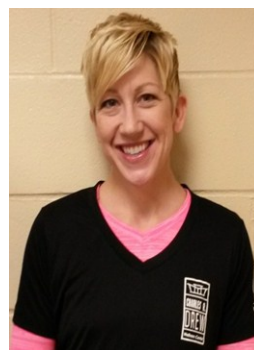
### Sherman Goodwin

- Certified Personal Trainer, WITS
- CPR/AED Certified
- Business Admin., Southern University
- B.S. Business Admin., Citadel
- Specialty: Weight & Strength Training and Weight Loss Management
- Hours Available: Upon Request



### Eric Manna

- Certified Personal Trainer, NCSF
- CPR/AED Certified
- A.D. Exercise Science and Wellness, Dutchess Community College
- RYT 200-Hour - Eco Fitness and Blue Turtle Yoga
- Spartan SGX Coach Certification
- Fitness Professional Certification, APEX
- Reiki Level 1 Certification
- Specialty: Yoga, Cardiovascular Conditioning, Weight and Strength Training, Circuit Training, Weight Loss Management
- Hours Available: Upon Request



### Bridget Butler

- Certified Personal Trainer, ISCA
- CPR/AED Certified
- M.A. Public Health, Kaplan University
- B.A. Communication Studies, East Stroudsburg University
- Turbo Kick, Indoor Cycling, Group Exercise Instructor
- Wellness Coaching
- Specialty: Weight Loss Management, Circuit Training, Cardiovascular Conditioning
- Hours Available: Upon Request



### Leah Griffin

- Certified Personal Trainer, AFAA
- CPR/AED Certified
- Specialty: Circuit Training, Weight Loss Management
- Hours Available: Wednesdays and Fridays

## Charles R. Drew Wellness Center

2101 Walker Solomon Way

Columbia, SC 29204

803-545-3200

drewwellnesscenter@columbiasc.net

## Calendar

# April 2015



[www.columbiasc.net](http://www.columbiasc.net)



We're on the Web!

[www.drewwellnesscenter.com](http://www.drewwellnesscenter.com)

*Commit to a better you!*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Good Friday, City Holiday Observance	4
5 Easter Sunday, City Holiday Observance	6 Morning Cycle Starts: Mondays at 6:15AM	7 Diabetes Work- shop, 10-12PM	8	9 CHA Hall of Fame, Court Closed	10 CHA Hall of Fame, Track and Court closed until 3PM	11
12	13	14 Diabetes Work- shop, 10-12PM	15	16	17	18
19	20	21 Diabetes Work- shop, 10-12PM	22	23	24	25
26	27	28 Diabetes Work- shop, 10-12PM	29	30		

## FAT BURNING CIRCUIT

bye bye inches!!!

### CIRCUIT 1

- pushups
- walking lunges
- squat press
- mountain climbers (60 seconds)

### CIRCUIT 2

- tricep dips
- jumping lunges
- plie with upright row
- burpees (60 seconds)

### CIRCUIT 3

- back row
- pulse squats
- step up with shoulder press
- fast jumping jacks (60 seconds)

### TIPS

- do the first 3 exercises for 30 seconds then exercise 4 for 60 seconds
- beginners go through each circuit 2x
- intermediate/ advanced go through circuit 3x or 4x
- rest 60 seconds b/w circuits

**Try this cardio and weight training circuit to increase your calorie burn. Add weights to the strength workouts for an added challenge!**

